



Think About Stopping Smoking

Questions to Think About

Think about the following questions before trying to stop smoking.

You may want to talk about your answers with your health care provider.

Why do you want to quit?

When you tried to quit in the past, what helped and what didn't?

What will be the most difficult situations for you after you quit? How do you plan to handle them?

Who can help you through the tough time? Your health care provider? Family? Friends? Ex-smokers?

What pleasures do you get from smoking? Why do you think you will be able to give them up?

Here are some questions to ask your health care provider.

How will I feel when I stop smoking?

What will withdrawal be like?

How can you help me to be successful at quitting?

What should I do if I need more help?